

Competition Checklist

What to wear

- Competition Dress
- Skating Tights
 - No Underwear, it will show through!
- Front Zip/ Button Skating Sweater
 - No pullover or hooded sweaters
- Tennis Shoes

Hair & Make-up

- Hair in a bun
 - If not possible, hair must be pulled back away from face.
- Clip and hairspray any stray hairs
 - Do not use bobby pins
- Wear mascara, blush, lipstick, etc.
- No fake hair

What else to bring

- Skates!
- Hard guards
- Competition CD and Practice CD

Plan to Arrive

- 1 hour before scheduled competition time
- ½ hour before scheduled practice time

Once you arrive at the competition

- First, check in at the registration desk
 - make sure to turn in your competition CD at the registration desk
- After checking in find your coach, me!

At the end of the competition

- No matter how you skate you must stay for the results and check the awards table to see if you get an award or need to stand in the group picture.
- Pick up your CD from the registration desk before you leave

Questions

- Email me: patti@itzin.com